



## NEWSLETTER ♦ 29<sup>th</sup> Edition ♦ Jan. 2016

### MOVING FORWARD FEATURE

**Believe  
There is  
Good in the  
world**

#### “Be the Good”

- by Belinda

I recently received this saying by email. It is challenging us not only to "believe that there is good in the world," but to "be the good". What better time than the beginning of a new year to embrace this philosophy. Sometimes it becomes very hard to see the good. One only has to turn on the local or national news to see the evil that does exist in our world. The evil sells newspapers and magazines and grips our attention and seems to far outweigh the good in our society, but does it really? I don't believe so. The good just may not seem to be as newsworthy as the bad. We are bombarded daily with bad news with only an occasional feel good story added in from time to time.

I have seen much good in the past year. To see it, I have to look no further than our support group. These people amaze me. Each one of them has faced enough life challenges that they could have decided to concentrate only upon the negative, but instead they rose to the challenge and dedicated themselves not only to making the best of their own lives but also to helping others along the way. They not only believe that there is good in the world, but they became the good.

I met a young man this month that also has become the good. His name is Giscard Ciney, and he is from Haiti. Like so many other Haitians, Giscard lost his home in the earthquake of 2010. Luckily, though, he came away from that with no loss of limb/limbs. Through that tragedy he took up the cause to help those who did lose limbs in the quake. He explained that in Haiti an amputee is thought of as worthless and is



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*Note from Belinda:* Another year has come and gone. 2015 was a great year for *MOVING FORWARD*. We gained 29 new members and the newsletter is being distributed to 44 additional households and businesses. Each year we set goals for the group.

For 2015, one of our main goals was to encourage the support and involvement of all the local prosthetic companies in our area. This goal was met in May when The Center for Orthotic & Prosthetic Care, Hanger Clinic, Kenney Orthopedics, Kentucky Prosthetics & Orthotics, and Louisville Prosthetics all agreed to become sponsors of our newsletter. Their continued support will enable us to reach out to all amputees in our community.

For 2016, one of our goals is to connect with other not-for-profit's and community service agencies in our community. We got a head start on this goal by holding a sock drive for the Salvation Army during the month of October and by volunteering at a Christmas Party for Rauch Industries, which provides services and employment to individuals with disabilities.

As we get started on 2016, it's a good time to step back and see if we are accomplishing *MOVING FORWARD*'s mission statement: **“To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.”** Let's see how we are doing by looking back at some of the group's highlights during the past year.

### HIGHLIGHTS OF 2015

The first meeting of the year was held at Southern IN Rehab Hospital on Jan. 19th. We welcomed a new member, Katie Flanigan, and enjoyed catching up with each other following the holidays. The group discussed pain management, dealing with depression, and the importance of a good physical therapy program. We also talked about some of the different types of prosthetic devices. The Baptist East meeting was held on Jan. 24th. The group decided we needed to gather information and put together a binder for new amputees in need of services. It was decided that the info should include resources for transportation, housing, financial assistance, vocational training, childcare, mental health services, free or low-cost health clinics, as well as other resources. We also discussed ideas for upcoming meetings and events.

February was a busy month for *MOVING FORWARD*. At the SIRH meeting, we welcomed new members Paul Weber, who recently moved here from California, and his sister Mary Jo Kolb. Many topics were discussed including hip and knee replacement following amputation, the importance of having

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## Be the Good (cont'd)

often hidden by family members so as not to disgrace the family. Giscard, along with others, decided to change that and started looking for and encouraging amputees to come out and play soccer. They took it a step further and developed Haiti's first National Amputee Soccer team. Most of these young men had never played soccer before and were very leery about it, but they soon found out that through soccer they had found a way out of poverty and the means to have a good quality of life. The team recently took part in the World Cup for Amputee Soccer which was held in Mexico City. The Haiti team came away ranked 7th in the world. The game is played using forearm crutches rather than prosthetics. Some *MOVING FORWARD* members were fortunate to meet the team, Giscard, and team coach Fred Sorrells. They were touring the U.S. and made a stop in southern IN. Group members met with them at the YMCA in Jeffersonville IN and were inspired by their stories of survival and in awe of their ability to play the game. Group member Reid Hester (6 years old) and his older brother Patrick joined in a game of soccer with the team.

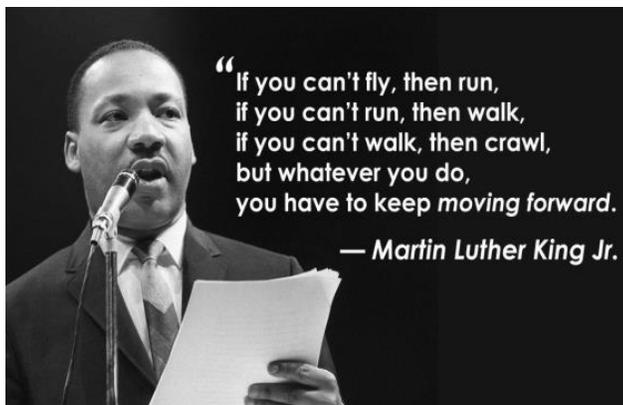
Giscard is staying in the U.S. to study physical therapy with hopes of returning to his home country one day and opening a rehabilitation facility. If these young men can still believe that there is good in the world, then surely we can as well.

I ask you in the coming new year not only to "believe in the good" but to "be the good". It doesn't have to be something as huge as these young men are doing. It could be something as simple as calling a friend that you know is feeling down or checking on an elderly neighbor. It could be volunteering at the VA or at a local homeless shelter. The possibilities are endless and these small acts of kindness can make a big difference to someone in need.

If you would like to read an article in the Courier Journal about the team's visit, go to <http://www.courier-journal.com/story/sports/2015/12/16/haitian-amputee-soccer-team-inspires-visit-jeffersonville-indiana-clarksville/77416512/>. Southern Indiana Rehab Hospital is holding a fundraiser for the team. For more info on that go to: <http://sirh.org/sirh-to-collect-money-toward-the-purchase-of-forearm-crutches/>. The links to the website are also listed on our website at [ampmovingforward.com](http://ampmovingforward.com).

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## QUOTE OF THE MONTH



“If you can't fly, then run,  
if you can't run, then walk,  
if you can't walk, then crawl,  
but whatever you do,  
you have to keep moving forward.

— Martin Luther King Jr.

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## HIGHLIGHTS OF 2015 (cont'd)

an orthopedic specialist, types of prosthetic suspension systems, and TARC 3, which provides transportation for individuals with disabilities. At the Baptist East meeting, we welcomed new member Sheila Harris. Kelly Reitz shared with the group some of her memories of growing up as an amputee, and Julie Randolph talked about being the parent of a child with limb loss.

Also during the month, some group members set up a booth at the Harrison Co. Health Fair in Corydon IN and took part in an Amputee Walking School hosted by Kenney Orthopedics at Norton Brownsboro Hospital. These types of events allow us to network with healthcare professionals, gain valuable information, and to meet other amputees in our area. A calendar page was added to our newsletter beginning in February to keep readers posted of member birthdays and upcoming events.



The group kicked off the month of March with its "March Madness" Chili Supper. Two newcomers to the group won the chili cook-off. The Judge's Choice Award went to Anita Steineck and the People's Choice was awarded to Mary Jo Kolb. The Best-Dressed Fan Award went to Philip Randolph. A basketball trivia contest was narrowly won by a team of Shelton, Carter, & Deklan Jacobi with 26 of 30 correct answers. Councilwoman Madonna Flood came in a close 2nd with 25

answered correctly. A Chili-Pot Raffle was held with the proceeds to be donated to the Amputee Coalition Paddy Rossbach Youth Camp.

At our March IN meeting, a special guest speaker, Sharon Wright, told the group of her experience growing up with a disability (polio) and how she learned to adapt in order to accomplish everyday tasks in life. We welcomed 3 new members to the group: Debbie Troutman, and Elizabeth & Thomas Montgomery. Three new members were also added at the Baptist East meeting. We welcomed Albert & Teresa Howard and Gary Crawford to *MOVING FORWARD*. We also welcomed back Sharon Morehead following her surgery. There were so many questions regarding the various types of prosthetics that we ended up having a show-and-tell of what type we each had and what we liked and didn't like about it. We really should have taken pictures of members as they modeled their various prostheses, but we were so involved in the process that we missed a great photo opportunity. OOPS! We promise next time that Mike Portman models his leg, pictures will be taken for all to see. :)

At our April meeting at SIRH, we welcomed new members Jackie Cartwright and Lori Lindsey. The Baptist East meeting coincided with "Show Your Mettle Day". The group used Skype for the first time at this meeting and had a guest speaker, Jeff Huber, who spoke to us from San Francisco, California. He gave a very motivational and informational presentation. He told of growing up with limb difference and the challenges that both he and his parents faced. He also talked about his company, Standard Cyborg, which makes prosthetic devices using 3-D technology. The group welcomed Bill Titus and several of his family members to the meeting and also new members Ruth Robins and Rhonda Campbell. Following the meeting members enjoyed a dinner at O'Charley's Restaurant where we enjoyed great food,

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## HIGHLIGHTS OF 2015 (cont'd)



conversation, and laughter. The month of April ended with a picnic and Pegasus Parade viewing hosted by Louisville



Prosthetics. We had a wonderful time visiting with friends and watching the parade.

In conjunction with Stroke Awareness Month, a presentation was given on Stroke Awareness & Prevention at both the IN and KY May meetings. At the IN meeting, we welcomed new member Mary Moore. A running clinic was held at the Jewish Community Center that was sponsored by Kentucky Prosthetics &

Orthotics and by Ottobock. Those attending got to try out different prosthetic components specifically designed for running.

June was an exciting month for *MOVING FORWARD*. On June 5th - 7th, the 2015 Amputee Golf Tournament Championship was held at the Shelbyville Country Club. Amputee golfers from around the country took part in the event. A sponsor/amputee golf scramble was held and group members Brittany Bley and I volunteered at the event. We were invited by the tournament director, Sienna Newman, of Kentucky Prosthetics. This was a wonderful opportunity to meet the golfers and to hear their inspirational stories.

On June 13th, Kenney Prosthetics hosted an Amputee Walking School at Cardinal Hill Rehab in Lexington Kentucky. That evening they also sponsored a Military Appreciation Night at the Lexington Legend's Baseball Complex. The evening started with a Wounded Warrior / Celebrity softball game. Our youngest group member, Reid Hester, threw out the first pitch, to the delight of the fans. It was a memorable night for those group members in attendance.



Also in June, Kelly and I were invited to give a presentation to the occupational therapy class at Brown Mackie College. *MOVING FORWARD* welcomes any opportunity to help educate and inform both those in the health field and the general public about the special needs of amputees.

At the IN meeting in June, new member Jerry Solomon was welcomed to the group. A presentation was given on men's health and everyone received brochures on men's health topics which were provided by the Men's Health Network. We also talked about the struggles that we each faced following limb loss and the importance of keeping a positive attitude in order to recover both physically and

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## HIGHLIGHTS OF 2015 (cont'd)

emotionally. At the KY meeting Ashley Curth and her mother Terry joined our group. An open discussion was held on many topics including how the public perception of those with limb loss has changed, self-acceptance & body image, phantom pain & sensations, & skin conditions caused by prosthetic use.

Following the monthly meeting *MOVING FORWARD* held its Annual Business Meeting and Election of Officers. Each member was provided a financial statement showing the group's income and expenses. After going over the statement, election of officers was held. The newly elected officers were: President - Belinda Jacobi, Vice-President - Kelly Reitz, Secretary - Mary Jo Kolb, Treasurer - Julie Randolph, and Board Member-At-Large - Mike Portman.

Our Pie & Ice Cream Social was held in July and this year's event had a "County Fair" theme. Mike & Sue Portman once again made some of their delicious homemade ice cream. Musical entertainment was provided by group members Philip Randolph and Kelly Reitz, and a special guest, Frank Curry. Albert Howard displayed some of his artwork and carnival games were played to the delight of the children. The most popular game



was the pie toss. Our thanks to Mike for being such a good sport and agreeing to be the target for the pies. It was a very special and fun-filled afternoon!



At the IN meeting Jeff Coffman told the group about a golf scramble being sponsored by the Sertoma Club with proceeds going to renovate a local park to make it handicap accessible. This led to a discussion on accessibility at public places in our community. Group members talked about some of the problems that they had encountered in restaurants, stores, doctor's offices, and other public buildings. We decided to initiate a project to raise awareness and hopefully bring about some changes. We will continue working on this project in 2016.

At the KY meeting, the discussion on handicap accessibility continued. We also discussed the importance of not letting your limb loss define who you are. Members told of how disturbing it can be when someone identifies them as the "guy with one leg" or the "guy with no arms" or the "girl with no legs" instead of by name. Part of *MOVING FORWARD*'s mission is to raise public awareness of limb loss. With increased awareness, we can become less of an oddity to them. They can begin to see that we are just ordinary people trying to go about our daily lives just as they are. In July, we welcomed new members Elaine Skaggs, Eldon Jones, and Ronald Frazee to *MOVING FORWARD*.

During the August IN meeting a special presentation was given by Erin Myers. She spoke about her life as an AK amputee, her career with Freedom Innovations (a prosthetic manufacturer), and about prosthetic technology. Erin also answered many questions from the group. Jeff Coffman became a member of *MOVING FORWARD* at this meeting. The KY meeting also included a guest speaker. Joan Passanisi who is a physical therapist at Baptist East spoke to the group about the importance of physical therapy in an amputee's recovery process and answered questions from those in attendance.

Brittany Bley talked to the IN group in September about

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## HIGHLIGHTS OF 2015 (cont'd)

the topic of sepsis. She explained the cause, symptoms, and the damage that it can inflict. Brittany told of her own experience with sepsis, resulting in the loss of limbs and other health issues. At the KY meeting, we welcomed new member Dana Moore. Group member Bill Titus shared with us his story of waking from a coma following a heart procedure and realizing that his life was forever changed. He spoke of how his strong faith in the Lord and the support that he has received from the group has helped him in "moving forward" with his life.

**MOVING FORWARD** took part in the "Give Local Louisville Campaign" on Oct. 1st. This event is sponsored by the Community Foundation of Louisville along with other corporate sponsors. It consists of a 24-hour online charitable giving day to benefit local not-for-profits. A rally was held at 4th Street Live and Kelly, Mike, Mary Jo, Paul & I attended. This was not only a wonderful way to raise needed funds for our group, but also to connect with other not-for-profits in our community. A highlight of the day was when the Sam Swope Foundation gave each group a \$1,000.00 donation. This money will help us to reach out to more amputees during the coming months.



Our Fall Picnic and Walk & Roll was held at Sam Peden Community Park in New Albany IN. Group members, family, and friends gathered for a delicious meal, games, socializing, and the walk & roll around the beautiful lake. At the IN meeting, the main topic of discussion was the importance of the caregiver in the amputee's

healing process. We talked about the need for good communication between the amputee and the caregiver and the importance of the caregiver to find outlets for his / her stress.

Erin Myers returned and gave her presentation to the KY group. She told of her parent's decision



for amputation due to a birth defect that would have permanently affected her mobility. She said that though this was a difficult decision for them to make, it was the best decision for her. It enabled her to do the things that she wanted to do growing up and allows her to lead the active lifestyle that she enjoys today. The group welcomed new members LaRon Spalding and Kristie Rolape at this meeting.

In conjunction with "Make A Difference Day" on October 24th, **MOVING FORWARD** held a "Sock Drive" for the Salvation Army during the month of October. At that time we collected 273 pairs of socks for needy men, women, and children in our community. Since that time, we received another donation of 180 pairs of socks to add to that total, making our donation a grand total of 453 pairs of socks to the Salvation Army. Part of the Amputee Coalition's mission is preventing amputations. By donating these socks we are hoping to prevent the loss of toes and feet during the cold winter months ahead.

At both the IN & KY meetings in November, a presentation

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## HIGHLIGHTS OF 2015 (cont'd)

was given by Tonya Michelson, a licensed massage therapist. She discussed the different types of massage therapy and their benefits. She also talked about Kinesio Taping & its uses. At the conclusion of her presentation she answered many questions from group members and talked to members individually following the meeting. We welcomed new member Victoria Schamore to **MOVING FORWARD** at the KY meeting.



Our Christmas Party was held on Dec. 5th, and it was attended by many group members, family, and friends. We



enjoyed good food, musical entertainment, a children's magic show, door prizes, children's games, and, of

course, a visit from Santa Claus. It was a glorious evening and a wonderful way to ring in the holidays.

Another highlight of the month was having the opportunity to meet the Haitian National Amputee Soccer Team. They are touring the U.S. and made a stop in southern IN. Coach of the team, Fred Sorrels, gave me a call and asked if I could meet them at the local YMCA for a presentation and soccer exhibition. A few calls were made and several group members were able to attend. We met Giscard Ciney, a young man from Haiti who is attending college locally. He agreed to speak to the group at our December IN meeting. We were inspired by his story of his life in Haiti and his desire to get



his education and return to his home country to help those with disabilities to have a better life. At the meeting we welcomed Dawn Higgins and Giscard as new members of **MOVING FORWARD**. Member Jeff Coffman told about a Christmas party being held at Rauch Industries. Rauch provides services and employment for individuals with disabilities. Jeff wanted to know if any of us would be

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## HIGHLIGHTS OF 2015 (cont'd)

available to volunteer at the party. I agreed to help and am very glad that I did. We helped to serve a meal, passed out gifts, and enjoyed watching dancing to music provided by a DJ. To see the sheer joy on the faces of these people, many with mental challenges, was one of the most rewarding things that I have ever experienced.

Also in December we were called upon once again to give a presentation to the latest occupational therapy class at Brown Mackie. This time Kelly and I were joined by Mike and Bill. We all told our personal stories of limb loss and shared with them information including the emotional healing process following limb loss, living with diabetes, meningitis, the Ertl Procedure, K-levels, insurance coverage for prosthetics, as well as many other topics. We concluded by showing them the types of prostheses that we use and how they work. By talking to these students, we feel that we can help to better prepare them to meet the needs of the amputees that they will encounter in their chosen field.

As you can see, it has been another extremely busy and rewarding year for *MOVING FORWARD*. We have made many new friends and new contacts in the medical field. The word is getting out that we can and do make a difference in the lives of amputees in our community. In the coming year, we will strive to reach out to even more individuals affected by limb loss. We hope to provide them with support and information and to encourage them to see that their lives are not over because of their amputation. Most importantly, we will let them know that they do not have to go through this alone.

I hope to see you at a meeting or event and remember – we are only a phone call or email away. Whether you are a new amputee or someone who has been an amputee for some time but is having problems adapting to living with limb loss, we encourage you to contact us. Let 2016 be the year that you decide to **Move Forward**.

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### *Thank You to the Amputee Coalition*

\*\* We want to thank the Amputee Coalition for allowing us to use their articles in our newsletter. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. \*\*

## UPCOMING EVENTS

### Meetings:

- Mon., Jan. 18<sup>th</sup>, at Southern IN Rehab Hospital, 3104 Blackiston Blvd, New Albany IN, from 6:30 -8:00 p.m. in the Conference room.
- Sat., Jan. 23<sup>rd</sup>, at Baptist Hospital East, Louisville, in the 2nd Floor Education Center, Room 2B, from 2:00 - 4:00 p.m.

Both meetings will be "open discussion" meetings and we will also make some plans for the upcoming year. Please try to attend and, as always, we would love to hear any ideas that you have for speakers, events, or activities for the group.

### Events:

- ❖ *MOVING FORWARD* will be holding its "March Madness" Chili Supper. Details will be released in the Feb. newsletter.
- ❖ We will be planning a special event for Limb Loss Awareness Month, which is in April.

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